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IESSN INSTITUTE OF EXERCISE SCIENCE AND SPORTS NUTRITION

DIPLOMA IN NUTRITION FOR SPORTS EXERCISE AND WELLNESS

GET A SCHOLARSHIP ON OUR DIPLOMA COURSES

BECOME A BEST AND HIGHLY SKILLED NUTRITIONIST IN FITNESS AND WELLNESS INDUSTRY

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COURSE DETAILS

DURATION 6-7 MONTHS | ONLINE/OFFLINE | NUMBER OF LECTURES:100 | CERTIFICATION NO:2

COURSE CONTENT AND CURRICULUM

Human Anatomy and Physiology

- Anatomy of Central Nervous System
- Anatomy of Respiratory System
- Anatomy of Cardiovascular system
- Anatomy of Digestive system
- Endocrine system
- Anatomy of Musculoskeletal system
- Osteology of Bones

Fundamentals of Nutrition and Exercise

- Metabolism
- Exercise selection and Fundamentals
- Understanding Intensity of Exercise
- Lipogenesis and Lipolysis
- Starvation Metabolism
- Bioenergetics of Energy systems
- Hormones and their Interactions

Nutrients

- Carbohydrates
- Fats and Other Lipids
- Proteins and Amino Acids
- water soluble vitamins
- Fats soluble vitamins
- Major and Trace Minerals
- Water and Fluids
- Electrolytes and Acid-base Balances
- Basic Disorders Related to Nutrition.

Food selection

- Food selection
- Food storage
- Food Packaging
- Food Additives
- Food Preservation and Food Processing
- Food Quality and Food Safety

Meal planning and Management

- Adaptation of Normal Diet for Changing Needs
- Meal planning for Fat loss
- Meal planning for Muscle gain
- What is calories counting?
- Meal planning for Various Lifestyle Disorders

Lifestyle Disorders

- Diabetes Mellitus
- Hypercholestrolemia
- Cardiovascular disorders
- Disorders related to Urinary system
- Hyperuricemia
- Pathological Report reading
- Respiratory Disorders

Dietary supplements

- Whey protein and selections
- Fat burners
- Thermogenic supplements
- Multivitamins
- Performance enhancement Dietary supplements
- Selection strategies of supplements

Therapeutic Nutrition

- Diet therapy
- Nutrition in Infections, Fever
- Nutrition in Diseases of the Gastrointestinal Tract
- Nutrition in Diseases of Liver, Gallbladder and Pancreas
- Diet and Nutrition in Kidney Diseases

GET A DIPLOMA IN NUTRITION FOR SPORTS ,EXERCISE AND WELLNESS AND START YOUR THRIVING CAREER IN FITNESS INDUSTRY

TO KNOW MORE ABOUT OUR CURRICULUM PLEASE CONTACT OUR COUNSELLOR

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UMESH

VIJAY

YOUTUBE CHANNEL VIDEOS

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